

Boston's Age Strong Commission

Weekly Digest

February 14 - February 20, 2022

Information & opportunities for Boston's older adults

Black History Month

There are plenty of ways to celebrate Black History Month in the City of Boston throughout February. You can find information [here](#) on events happening in Boston, related City of Boston initiatives, and much more.



Boston's Age Strong Commission invites you to a

BLACK HISTORY MONTH

VIRTUAL CELEBRATION!

Friday, February 25 **10:45-11:45 am**

RSVP to Marybeth Kelly at 617-635-3959
or marybeth.kelly@boston.gov
to get the zoom link.

AGE+ City of Boston
Age Strong Commission
Mayor Michelle Wu

Fare-Free Bus Program

Starting March 1, 2022, Route 23, 28, and 29 bus riders will be able to board at all doors without paying a fare for two years. Click [here](#) for more information.



[WEEKLY DIGEST
Table of Contents](#)

[Black History Month
Virtual Celebration](#)

[Events February
14-February 20](#)

[COVID-19 Booster](#)

[Memory Cafe](#)

[Free Tax Services](#)

Stay Connected
to Age Strong:

City Hall, Room 271
1 City Hall Square
Boston, MA 02201
617-635-4366
agestrong@boston.gov
boston.gov/agestrong

  [@AgeStrongBos](#)

AGE+

City of Boston
Age Strong
Commission



MONDAY, FEBRUARY 14

9am

Age Strong Virtual Chair Yoga w/ Caitlin

No registration necessary

Join by Zoom link [here](#)

11:30am

Age Strong Virtual Meditation w/ Latika

No registration necessary

Join by Zoom link [here](#)

5pm

Parks: Virtual Fitness: Dance Fit

Click [here](#) to register & for more information.

5:30pm

ArtsEmerson's Play Reading Book Club:

"Dreaming Zenzile"

BPL: Roxbury Branch

149 Dudley Street, Roxbury

For more information & to register click [here](#).

TUESDAY, FEBRUARY 15

10:30am

A Quilting Circle

BPL: Codman Square

690 Washington Street, Dorchester

Click [here](#) to register & for more information.

11:30am-12:30pm

Age Strong Virtual Latin Dance w/ Maria

No registration necessary

Join by Zoom link [here](#)

2:30pm

BPL Virtual: Where are the Women?

Pursuing Equity When Developing New

Medical Treatments: Dr. Hadine Joffe,

MD, MSC

Click [here](#) to register & for more information.

6:00pm

BPL Virtual: Carving Out Her Own Path

Click [here](#) to register & for more

information.

6:30pm

Parks: Virtual Fitness: Afrobeats Dance

Click [here](#) to register & for more information.

WEDNESDAY, FEBRUARY 16

10am

BPL Virtual: Social Security 101:

Everything You Wanted to Know

Click [here](#) to register & for more information.

Walk Up

Free COVID-19 Testing

Bruce C. Bolling Building

2300 Washington Street

Roxbury, MA 02119

Tuesdays - Saturdays

12 p.m. - 8 p.m.



OTHER TESTING SITES AVAILABLE HERE: [BOSTON.GOV](https://www.boston.gov)

Call the Mayor's Health Line at 617-534-5050
for more information



SIGN UP FOR ALERT-BOSTON!

In 4 simple steps:

- 1 Enter your Email or Phone number
- 2 Select how you would like to be Alerted
- 3 Enter your First and Last Name
- 4 Enter your Zip Code & Select a Language

Sign up at [boston.gov/alert-boston](https://www.boston.gov/alert-boston)

11am**Parks: Virtual Fitness: Chair Yoga**Click [here](#) to register & for more information.11:30am**Age Strong Virtual Yoga w/ Latika**

No registration necessary

Join by Zoom link [here](#)12:00noon-3pm**Free Immigration Legal Consultations****Mayor's Office of Immigrant Advancement**Click [here](#) for more information.3pm**Blind Date with a Book: Personalized Reading Recommendations from BPL Librarians**Click [here](#) to register & for more information.4pm**BPL: Free Tax Preparation (Drop-Off & Remote Only)**Click [here](#) to register & for more information.6:30pm**BPL Virtual: Food & Book Club****"Blacktop Wasteland" by S.A. Cosby**Click [here](#) to register & for more information.**THURSDAY, FEBRUARY 17**1pm**BPL Virtual: Lunchtime****Science Fiction/Fantasy Short Story Club**Click [here](#) to register & for more information.2:30-5:30pm**The Dudley Winter Market**

11 Brook Avenue, Roxbury

Click [here](#) for more information.3pm**BPL Virtual: Book Discussion Group: "The Wonder" by Emma Donoghue**Click [here](#) to register & for more information.6:30pm**BPL Virtual: Book Discussion: "City of Girls"**Click [here](#) to register & for more information.6:30pm**Parks: Virtual Fitness: Zumba**Click [here](#) to register & for more information.**FRIDAY, FEBRUARY 18**10am-12noon**BPL Virtual: Drop-in Office Hours: Legal Services Center**Click [here](#) to register & for more information.11:30am**Age Strong Virtual Zumba w/ Lindsey**

No registration necessary

Join by Zoom link [here](#)12:30pm**Parks: Virtual Fitness: Chair Meditation**Click [here](#) to register & for more information.1pm**BPL Virtual: Black History Trivia Challenge**Click [here](#) to register & for more information.

**BECOME AN
AMERICORPS
RSVP VOLUNTEER**



Let's Help Boston's Older Adults
Get Access to Food

**Make Local Deliveries or
Volunteer at a Local Pantry**

- Must be 55+
- Pass a CORI check
- Have a valid driver's license & reliable vehicle
- Flexible schedule



To Register, Call:

Monique Carvalho at 617-635-4374

AGE+

City of Boston
Age Strong Commission
Mayor Michelle Wu



AmeriCorps

GIVE BACK

**As an AmeriCorps
Volunteer Tax Preparer!!!**

**Help older adults maximize
their state and federal refunds.**



- Help provide **no-cost tax preparation** services for income-eligible residents.
- Free training to become an RSVP Tax Preparer.



No tax preparation experience required!



- Must Be 55+
- Complete a CORI check

**For more information, contact
Monique Carvalho 617-635-4374
Monique.Carvalho@Boston.gov**

AGE+

City of Boston
Age Strong Commission
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**AmeriCorps
Seniors**



WINTER SAFETY TIPS

If you see individuals out in the cold who appear immobile, disoriented, or underdressed for the cold, please call **911**.

Boston.gov/cold

CITY of BOSTON

SATURDAY, FEBRUARY 19

9am

Parks: Virtual Fitness: Strength Training

Click [here](#) to register & for more information.

10am-1pm

Dorchester Winters Farmers Market

6 Norfolk Street, Dorchester

Click [here](#) for more information.

SUNDAY, FEBRUARY 20

12noon-3pm

Roslindale Farmers Market

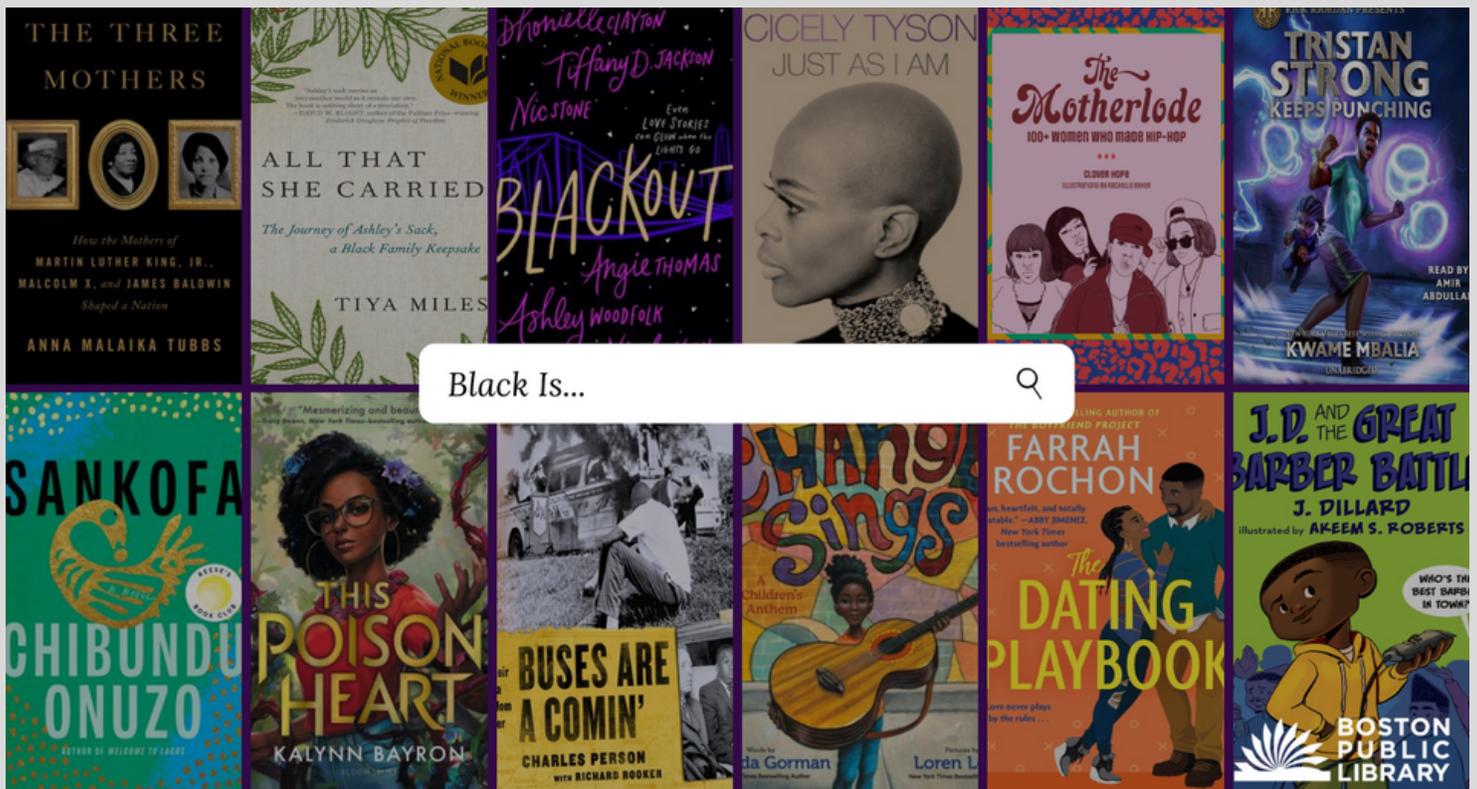
19 Corinth Street, Roslindale

Click [here](#) for more information.

6pm

Parks: Virtual Fitness: Yoga

Click [here](#) to register & for more information.



Celebrate Black History Month with a new book!

The Boston Public Library's Black Is... booklist is made up of 70 titles published in the last year examining the Black experience. Let's read, Boston! See the full list:

bit.ly/BPLBlackIs2022

Am I eligible for a COVID-19 booster shot?

Who?

Individuals 12+ who are fully vaccinated*

*Individuals age 12-17 can only get the Pfizer booster

When?

- At least 6 months after Moderna
- At least 5 months after Pfizer
- At least 2 months after Johnson & Johnson

Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot

More information at mass.gov/COVID19booster

For help scheduling a booster or transportation to get a booster, call 311 or Age Strong at 617-635-4366 or visit boston.gov

Need help paying for heat this winter?

You're not alone.

Find out if YOU qualify for fuel assistance discounts!

Call Age Strong at 617-635-4366 for an appointment with an advocate.



City of Boston
Immigrant Advancement

FREE IMMIGRATION CONSULTATIONS

Ask a lawyer for advice

immigrantadvancement@boston.gov

617-635-2980



KEEP BOSTON SENIORS WARM THIS WINTER

The **Seniors Save** program can provide up to \$8,000 to eligible seniors to replace faulty heating systems.

Visit boston.gov/seniors-save to apply today.



Boston's Age Strong Commission & BCYF Vine Street Community Center invite you to join them at their Memory Cafe! A Memory Cafe is a place where people with memory loss & their loved one can connect & socialize with others.

Featuring: A special sing-a-long with Athene Wilson! *Tea & cookies will be served*



When: Friday, February 25th / 10:30 am - 12:00 pm

Where: BCYF Vine Street Community Center
339 Dudley Street, Roxbury

RSVP: Please RSVP to Corinne at 617-635-3745 or corinne.white@boston.gov.

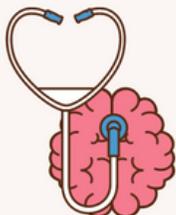
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Mayor Michelle Wu





MASSACHUSETTS
Alzheimer's Disease
Research Center

BOOST YOUR BRAIN



WHAT'S GOOD FOR THE HEART IS GOOD FOR THE BRAIN



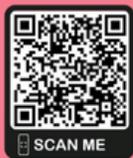
The Massachusetts Alzheimer's Disease Research Center (MADRC) encourages you to make brain health a priority in 2022 and beyond!

Studies show that heart-healthy behaviors can lower your risk for developing dementia. To learn how Diet, Exercise, Sleep and Social & Mental Activity contribute to brain health, scan the codes below.

DIET



EXERCISE



SLEEP



SOCIAL & MENTAL



LEARN

For more information about brain health, visit:

www.madrc.org/brain-health/

COVID-19 Vaccine in Boston

The COVID-19 vaccine is an important and effective tool to keep ourselves and our communities safe. Along with wearing masks, social distancing, and frequent handwashing, the vaccine will help us end the COVID-19 pandemic. Click [here](#) for more information.

Need help booking an appointment?

Older Boston residents that are interested in the COVID vaccine and who need help with online registration or transportation should contact the Age Strong Commission at 617-635-4366 for vaccine assistance.



HEY, BOSTON, COME ON BACK!
TAX SITES ARE OPEN & SAFE. CALL FIRST



FREE TAX SERVICES



Over **180,000** taxpayers served
Over **\$320 million** dollars returned
directly to taxpayers' pockets

**Maximize your refund; get all the credits available to you,
even if you have no income**

Advanced Child Tax Credit, Stimulus Payments, EITC, Healthcare credits

Save for Emergencies and Plan for the Future

Open a Bank Account, Purchase a Savings Bond, Fix and build your credit

Residents welcome even if undocumented

Apply for an ITIN or file your taxes with a current ITIN,
bilingual tax prep available

BostonTaxHelp.org | 617.635.4500



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@BostonTaxHelp